

Eat Fish.

Be Smart. Choose Wisely.

Seafood is good for your heart and brain. It is low in fat, high in protein, and rich in nutrients and omega-3s.

This guide will help you gain these health benefits while protecting you from contaminants found in fish.



◀ Look for this symbol.

Do you fish in Washington State?

There is a statewide advisory due to mercury.



Do not eat northern pikeminnow.
Limit largemouth and smallmouth bass to two meals per month.

Check for local fish advisories at:
www.doh.wa.gov/fish

FOLD HERE



FOLD HERE

For more information visit:

www.doh.wa.gov/fish

or call TOLL FREE: **1-877-485-7316**

TDD LINE: 1-800-833-6388

Concerned about toxics in the environment?

Visit: www.ecy.wa.gov/toxics

Available in other formats for persons with disabilities.

DOH 334-096 December 2009

HEALTHY FISH GUIDE

Fishing for the safest seafood?



Look for this symbol.

Are you pregnant, planning to become pregnant, nursing or feeding young children, or concerned about toxics in fish? Use this guide to help you make healthy choices for you and your family.

SAFE TO EAT
2-3 MEALS
PER WEEK



OR

SAFE TO EAT
1 MEAL
PER WEEK



AVOID
DUE TO MERCURY



Follow this advice to reduce your exposure to mercury, PCBs, and other toxics:

♥ Anchovies
Butterfish
Catfish
Clams
Cod (Pacific) (Atlantic)
Crab (Blue, King, Snow)
(US, CAN) (imported King)
Crab – Imitation
Crayfish (imported farmed)
Flounder/Sole
(Pacific) (Atlantic)
♥ Herring
♥ Mackerel (canned)
♥ Oysters
Pollock/Fish sticks

♥ Salmon (fresh, canned)
♥ Chinook (King)
(coastal, AK)
♥ Chum (Keta)
♥ Coho (Silver)
♥ Farmed*
♥ Pink (Humpy)
♥ Sockeye (Red)
♥ Sardines
Scallops
Shrimp/Prawns
(US, CAN) (imported)
Squid/Calamari
Tilapia (US, Central/South
America) (China, Taiwan)
♥ Trout
Tuna (canned light)

♥ Black sea bass
Chilean sea bass
♥ Chinook salmon
(Puget Sound)
Croaker (white, Pacific)
Halibut (Pacific) (Atlantic)
Lobster (US, CAN)
(imported Spiny Caribbean)
Mahi mahi
(imported longline)
Monkfish
Rockfish/Red snapper
(trawl-caught)
♥ Sablefish/Black cod
♥ Tuna, Albacore
(fresh, canned white)
(WA, OR, CA troll/pole)
(longline – except Hawaii)



A seafood serving or “meal”
is about the size and thickness
of your hand, or 1 oz. for
every 20 lbs. of body weight.

160 lb. Adult = 8 oz. / 80 lb. Child = 4 oz.

**Women who are or may become
PREGNANT, NURSING MOTHERS,
and CHILDREN should NOT eat:**

Mackerel (King)
Marlin (imported)
Shark
Swordfish (imported)
Tilefish (Gulf of Mexico,
South Atlantic)

Tuna Steak
Bluefin
Bigeye
(imported longline)
Yellowfin
(imported longline)

♥ Highest in healthy omega-3 fatty acids

ORANGE TEXT: Overfished, farmed, or caught
using methods harmful to marine life and/or
environment

* For environmental and health information:
www.doh.wa.gov/fish/farmedsalmon

Fish not listed? 1-877-485-7316



Dear Colleague,

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If you have questions, contact:
Office of Health Promotion
P.O. Box 47833 Olympia, WA 98504-7833
(360) 236-3736

Sincerely,
Health Education Resource Exchange Web Team

P R I N T I N G S P E C I F I C A T I O N S

Title: **Healthy Fish Guide**

Size: 5.9375 x 3.5"

Paper stock: 80# gloss cover, white

Ink color: 4-color process + OSA

Special instructions: 2-sided printing. Ship flat with score for folds

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